



ECAS NEWSLETTER

20th Edition of the EASTERN CAPE SPORT AND RECREATION ACHIEVERS AWARDS celebrated

*4th Quarter
Jan-Mar 2017*

The Department of Sport, Recreation, Arts and Culture in the Province of the Eastern Cape in collaboration with the Eastern Cape Sport Confederation hosted the 20th edition of the Eastern Cape Sport and Recreation Achievers Awards at the Boardwalk Hotel in Port Elizabeth on Saturday 25 February.



The purpose of the awards is to recognize and honor individuals, codes and teams that have excelled both on and off the field for the period 1 January 2016 to 31 December 2016. Standard Bank was the main corporate sponsor of the event with funding provided directed to financial rewards for awardees in the various categories. 550 Persons, including awardees, federation representatives, sport and recreation dignitaries, sponsors, and guests attended the high profile gala event. Dignitaries included MEC Dr Pemmy Majodina, EC Sport Confederation president, Mr Mkhululi Magada, SA Minister of Sport and Recreation Hon Fikile Mbalula etc. The program directors were Putco Mafani and Zanele Mgodana. The guest speaker was Mthobi Tyamzashe. The theme of the conference was "Embracing Excellence for the Love of Sport". During the event, a total of 87 persons were awarded certificates for their achievements. Trophies were awarded to the 20 category winners. The awards included Legends, Recreation, MEC Awards, indigenous awards, team, individual, administration, officiating etc awards. The winner of the main category of the evening, Sport Star of the year, was won by Lusapho April (Athletics) with Sharodine Fortuin (Boxing) and Rentia Oosthuizen (Athletics II) the finalists.

Inside this issue:

- Jaco Smit
- Cindy Schwults
- ECAS mobile Unit
- Lusapho April
- Mariano Eesou



ECAS MOBILE COACHES EDUCATION PROGRAMME moves to Districts



From 06-24 February 2017, the ECAS SPORT SCIENCE COACHES EDUCATION PROGRAMME held courses in the following 4 districts: Amathole, Buffalo City Metro, Joe Gqabi and O.R. Tambo.

131 Coaches and 120 pupils selected from schools in the following towns, Sterkspruit, Aliwal North, Lusikisiki, Keiskammahok, Tsholomnqua High, Nathaniel Pamla High (Peddie) and Gasela attended the training sessions.

The aim of the mobile coaches' education programme is to visit rural schools and to provide coaches and pupils theory and practical training in basic sport science principles. The Coaches/Teachers sessions included a PowerPoint presentation by Mr Wayde Douglas (ECAS Sport Scientist) and a practical session where Mr Loyiso Ntombana (ECAS Athlete Mentor) guided the pupils and teachers on the importance and practical application of sport science principles.

At the conclusion of each project, a 52 page Basic Sport Science Fitness Manual and Basic Sporting Equipment was handed to teachers/coaches that participated in the program. The participating athletes also received the following FutureLife products: Futurelife Crunch High Protein Bar and a Sachet of Smart Food.

Feedback on the value of the project received from the participating teachers and pupils has been very encouraging.



Jaco Smit claims bronze medal at the 2017 EC Track and Field Championships in PE



The EC Track and Field Championships were held at the West Born Oval in Port Elizabeth from 03-04 March 2017.

ECAS athlete, Jaco Smit (T12 Visually impaired athlete) participated in the 400m race event and finished in third position (time: 52.20) claiming the bronze medal. This was a remarkable achievement for Jaco Smit as he competed against abled-bodied (sighted) opposition.

Jaco is currently preparing for the 2017 National Disability Championships that will be held in Port Elizabeth from 01-04 April 2017.

Jaco has already, in 2017, run two A qualifying times in the 400 meter event. His goal is to do it again at the National Disability Championships and put himself in a position for selection to the SA side that will compete at the World Parra Athletics Championships to be held in London from 14 to 23 July 2017.

TRIATHLETE, CINDY SCHWULTS TO COMPETE IN ZIMBABWE

ECAS athlete, Cindy Schwults, from East London competed in the 2017 BONAQUA Troutbeck ATU Triathlon African Cup. The 2017 BONAQUA Troutbeck ATU Triathlon African Cup took place on 1 April 2017 in Zimbabwe.

The annual event was held at the Troutbeck Inn Resort in Nyanga, Zimbabwe.

The race was open to Individuals and Team Entries. In the Elite Women division, Cindy Schwults won the Silver Medal.

In preparation for this event, Cindy competed in the 2017 Cape Town ITU Triathlon World Cup in the Elite Women division. Her remarkable performance at this event ensured her selection to represent South Africa at the above mentioned event.

This was a great opportunity for Cindy to improve her national and international ranking and she gained valuable race experience. Cindy is an Academy athlete in the Buffalo City Metro in East London and has been part of the ECAS programme over the past few years.



EC MIDDLE DISTANCE ATHLETES EXPOSED TO SPORT SCIENCE EVALUATIONS AT TRAINING CAMP

ECAS hosted a Middle Distance Training camp for the Middle Distance Elite Squad. The training camp was held at ECAS High Performance Gym in Port Elizabeth on 02-05 February 2017.

Eighteen Eastern Cape Middle Distance athletes from all the districts in the Eastern Cape attended the training camp. The purpose of the camp was to prepare the athletes for upcoming Cross Country and track and field season. During the camp the athletes received extensive training and monitoring from ECAS Sport Science Staff and Coaches.

Components covered at the camp included: Nutrition, Injury guidance, Injury management and rehabilitation, Psychology and Life Skills Training.

After the training camp the young athletes had the opportunity to participate in the Cassies 15Km Road Race & Family Run /Walk & School Challenge at Kabega Primary School in Port Elizabeth on 04 February 2017. The event was organized in accordance with the rules and regulations of ASA and EPA.



Picture above: The EC Middle Distance group show off their medals won at the Cassies 15Km Road Race & Family Run / Walk & School Challenge .

PRE-SEASON TESTING AND TRAINING CAMP FOR MIDDELBURG LADIES RUGBY TEAM

ECAS hosted a scientific testing and training camp for 20 female rugby players at the High Performance Complex in Port Elizabeth. The players are from Middleburg and the team is called Stormers.

The camp took place in Port Elizabeth from 10-12 February 2017.

The Middleburg Ladies Rugby team (Stormers) forms part of the ECAS High Performance Hub programs in the Chris Hani district. Components co

https://
www.facebook.com/141013345974333/photos/pcb.1312308075511515/1312305892178400/?type=3vered at the camp included body composition evaluations, reaction time tests, spatial awareness, fitness and physical assessment tests. Training was done under the guidance of Mr Jonny Padda (Coach Middleburg Stormers).

The purpose of the camp was to assess the current physical condition and fitness levels of the players as well as to prescribe individualized training programs to prepare them for the upcoming rugby season in 2017.

Futurelife added value to the camp by making available Smart Food sachets and Smart bars to participating athletes. Players testing were done ECAS Sport Scientist Mr Jason Le-Roux.



Picture above: Members of the Middleburg Ladies Rugby Team attended training and testing session at the ECAS High Performance Gym .



BOXING COACHES EDUCATION WORKSHOP FOR NELSON MANDELA METRO BOXING ORGANIZATION



Twenty seven (27) Nelson Mandela Metro Boxing Organization (NMBBO) Coaches attended a coach's workshop at the High Performance complex in Port Elizabeth 04 February 2017 NMMU.



The boxing coaches' course came about because of discussions between ECAS, Nelson Mandela Metro Boxing Organization (NMBBO) and the Eastern Cape Boxing Organisation (ECABO). The course focused on the introduction of sport science topics to the 27 boxing coaches. The program was coordinated by Mr Mteteleli Biko (Biokineticist) and included valuable contribution from Mr Mazizi Vumazonke (Secretary-General of the NMMBO and a National Technical Official). Mr Mazizi Vumazonke presented on the latest technical rules of open boxing, highlighting updates and recent changes. The main theme of the workshop was improvement of open boxing in the Metro through promoting dialogue and the sharing of information amongst coaches. Workshop topics included coaching methodology, principles of training, nutrition and weight management.

ECAS hosted a successful sprinting training camp

ECAS hosted a successful sprinting training camp for 13 elite sprinters at the NMMU High Performance Complex in Port Elizabeth from 26 – 29 January 2017.

The sprinters were selected from the 8 districts in Eastern Cape and selection was based on results achieved at the 2016 district, regional and national competitions. The purpose of the training camp was to expose the mostly rural athletes to testing, advance scientific training methods and to prepare them for the upcoming 2017 athletics season. The camp was also an opportunity for the athletes to be monitored and evaluated based on their current performances. Sprinting coach Thobela Thoba managed the athlete training sessions. Components covered during the camp included athlete testing and analysis, discussion on training principles and goal setting, presentation on power and plyometric training. Athlete testing was done by Mr. Mark Kramer (expert in Biokinetics, Biomechanics and Exercise Physiology) from the Human Movement Science Department. Tests Results were shared with athletes and will be implemented in specific training programs for each individual sprinter. ECAS sport scientist Mr Jason Le-Roux, led a power point presentation and discussion on the value of Power and Plyometrics in sprinting events.

Futurelife added value to the camp by making available Smart Food sachets and Smart bars to participating athletes. Futurelife provides regular lectures to ECAS athletes and groups informing and updating them on the latest general and performance based nutritional information. Futurelife assists ECAS with partial sponsorship including cereal and high protein products for athletes.



FUTURELIFE RENEWS PARTNERSHIP WITH ECAS FOR 2017

Futurelife dietician, Mrs Angela Bentley, visited the ECAS office in Port Elizabeth on Monday 23 January 2017. The purpose of the visit was to meet with ECAS Manager, Hermann Terblanche, to finalize the ECAS / Futurelife partnership and logistics for 2017. ECAS in partnership with Futurelife plans to support about 200 ECAS athletes across all 8 districts in the Eastern Cape. The partnership will cover the basic daily nutritional needs of the mentioned athletes and will include Futurelife products such as Futurelife Smartfood, SmartBars, Futurelife Sample Sachets and Futurelife Smarfood High Protein. Mrs Angela Bentley (Futurelife dietician) will also attend ECAS Training Camps/Projects and provide nutritional guidance to high performance participants regards general nutritional and the effective use of the Futurelife products. ECAS is proud to be associated with Fururelife and believes that the sponsorship of products benefits the ECAS athletes. Special focus is given to the improvement of the nutritional intake of rural athletes. You can read more about Futurelife and our partnership with them on our website: <http://ecas.co.za/category/nutrition/>



Picture above: (from left to right) Angela Bentley(futurelife dietician), Hermann Terblache (ECAS Manager) and Marshall Marsh (Administrative Assistant)

ECAS RECEIVED FIRST BATCH OF FUTURELIFE SPONSORSHIP PRODUCTS FOR 2017



On 25 January 2017 Futurelife delivered 140 Bags (10Kg) FUTURELIFE® HIGH ENERGY Smart Food to the ECAS Head office at the NMMU High Performance Centre in Port Elizabeth.

The delivery also included 200 Units of FUTURELIFE® HIGH PROTEIN Smart Food™. This is the first delivery in a year agreement between ECAS and Fururelife. ECAS in partnership with Futurelife supports about 200 ECAS athletes across all 8 districts in the Eastern Cape. The sponsorship of products benefits the ECAS athletes as it focuses on improving the nutritional intake of rural athletes during the training and competition phases.

EC ALOES NETBALL TEAM SELECTED AFTER TRAINING CAMP

ECAS in conjunction with EC Netball Association hosted a successful Netball Training Camp from 13-15 January 2017 at the NMMU High Performance Complex in Port Elizabeth.

District netball structures nominated twenty seven EC Senior Elite Netball squad players to attend a testing/monitoring and training camp. The purpose of the three day camp was to test/monitor the players and select a final group of 16 players which will form part of the “Eastern Cape Aloes Netball Team” to participate in the Brutal Fruit Premiere Netball League. The National Netball Brutal Fruit League will take place during April to May 2017 and be contested by provincial teams. Netball South Africa team selectors Christine Du Preez (Convener of Selectors for Netball South Africa) and Reg Sharp (Coach/Selector) were present at the camp to monitor and identify players. The training camp served as a follow-up camp with the previous training camp was held during November 2016.

Aspects covered at the camp included: Fitness Testing, Tactical and Technical Sessions and Video Analysis. Mrs Sue-Anne Kock (Biokineticist) managed the camp testing sessions. Mrs Sue-Anne Kock (Biokineticist) managed the camp testing sessions. Mrs Kock was named as the official Health Care Practitioner for the Eastern Cape Aloes Netball Team. Expert Netball Coach and High Performance Netball Coordinator, Desiree Neville managed the player on court training sessions. On completion of the camp, Coach Desiree was named as coach of the Eastern Cape Aloes Netball Team.



Middle Distance training camp for OR Tambo District athletes

Picture below: Some of the athletes in action during the camp in Lusikisiki



ECAS, O.R Tambo District hosted a successful Middle Distance training camp for seven middle distance athletes. The camp was held on 12-19 December 2016 in Lusikisiki. Lusikisiki is situated in Ingquza Hill Local Municipality in the O.R Tambo district of the Eastern Cape.

The training camp was hosted in efforts to prepare the squad members for upcoming Track and Field Season and other competitions in 2017. The camp also served as an opportunity for the athletes to be monitored and evaluated on their current performances and fitness level.

Athletes that took part in the camp were: Xolisani Zamkele, Mfumaneko Fadane, Thusile Nobanda, Elam Tshotsho, Vuyo Madikiza, Unam Mzimkhulu and Lusanda Bomvana



TITLES FOR LUSAHPO APRIL AND MARIANO EESOU IN BAY TO BAY ROAD RACE IN CAPE TOWN

Three-time Hannover Marathon champion LUSAPHO APRIL was made to work hard for victory in the men's 30km contest at the Nutribullet Bay to Bay road race in Cape Town on Sunday 8 January 2017.

The 34-year-old double Olympian covered the distance in 1:36:10, holding off a strong challenge from Etienne Plaatjies, who crossed the line 36 seconds off the pace in second position. Givemore Mudzinganyama of Zimbabwe grabbed third spot in 1:38:38, while SA marathon record holder Gert Thys was the first veteran man home in 1:45:54.

Student athlete MARIANO EESOU dominated the men's 15km race, taking the title in 46:29, and former national 10km champion Jeromy Andreas ended second in 47:59.



*Eastern Cape Academy of Sport
P.O. Box 77000
NMMU
Port Elizabeth
6013
Tel: 041 504 4884
Fax: 041 504 2022
Website: www.ecas.co.za*

*Physical address:
Human Movement Science
Department
NMMU South Campus
University way
Summerstrand
Port Elizabeth*



We would like to extend a warm Thank you for the support from our stakeholders...

